

Growth

Original article

Effect of vitamin D on growth cartilage cell proliferation in vitro

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Abstract. Disturbed calcification of the growth plate and stunting is a frequent finding in vitamin D-deficiency rickets, vitamin D-dependency rickets and renal osteodystrophy, illustrating that chondrocytes are a target for vitamin D. This observation prompted an investigation of $1\alpha, 25\text{-dihydroxy vitamin D}_3$ [$1,25(\text{OH})_2\text{D}_3$] receptor expression and action of vitamin D metabolites on chondrocyte proliferation. In tibial growth plates and in primary cultures of tibial growth cartilage of male Sprague-Dawley rats (80 g) specific binding of [^3H]- $1,25(\text{OH})_2\text{D}_3$ was noted. Scatchard analysis revealed the presence of a single class of non-interacting binding sites. K_d was 10^{-11} M irrespective of growth phase. The binding macromolecule had a sedimentation coefficient of 3.5 S. Interaction with DNA was demonstrated by DNA-cellulose affinity chromatography. By immunohistology, growth cartilage cells (rabbit tibia) were shown to express nuclear $1,25(\text{OH})_2\text{D}_3$ receptors, most prominently in the proliferative and early hypertrophic zone. This corresponds to binding data which showed highest binding of $1,25(\text{OH})_2\text{D}_3$ in the logarithmic growth phase (12,780 molecules/cell versus 4,538 molecules/cell in confluent cells) in primary cultures of growth plate chondrocytes. In the presence of delipidated fetal calf serum $1,25(\text{OH})_2\text{D}_3$ had a biphasic effect on cell proliferation and density, i.e. stimulation at 10^{-12} M and dose-dependent inhibition at 10^{-10} M and below. Inhibition was specific and not seen with 24(R), 25-dihydroxyvitamin D_3 or dexamethasone. Growth phase-dependent $1,25(\text{OH})_2\text{D}_3$ receptor expression and specific effects of $1,25(\text{OH})_2\text{D}_3$ on chondrocyte proliferation in vitro point to a role for vitamin D in the homeostasis of growth cartilage of the rat.

Key words: Growth cartilage – Vitamin D – Rickets – Chondrocytes

Introduction

Disturbance of the growth plate and stunting is a hallmark of vitamin D-deficiency rickets, vitamin D-dependency rickets and renal osteodystrophy. These conditions are characterized by a decrease in mean circulating $1\alpha, 25\text{-dihydroxyvitamin D}_3$ [$1,25(\text{OH})_2\text{D}_3$] levels, although individual levels may be in the normal range [1, 2]. Administration of vitamin D rapidly corrects this disorder and reverses stunting in rickets, but not in renal osteodystrophy. This suggests that growth cartilage is a target organ for vitamin D. It has remained unclear, however, to what extent the positive effect of vitamin D on growth is mediated by direct action of vitamin D metabolites on chondrocytes or by indirect systemic effects such as altered concentrations of electrolytes and calcitropic hormones (calcium, phosphorus, parathyroid hormone); direct effects of vitamin D would necessitate interaction of active vitamin D metabolites with chondrocytes of the growth plate as target cells.

Evidence for a direct action of vitamin D on growth plate chondrocytes has been reported by many authors [3–7]. Suda et al. [3] demonstrated vitamin D receptors in embryonal chicken chondrocytes in vitro. Takigawa et al. [4] demonstrated that $1,25(\text{OH})_2\text{D}_3$ stimulated growth in rapidly proliferating, but poorly differentiated costal chondrocytes of rabbits and suppressed the expression of the cartilage phenotype. Silbermann et al. [5, 8] reported an inhibitory effect of $1,25(\text{OH})_2\text{D}_3$ on chondrocyte proliferation in vivo. Furthermore Soemjen et al. [9] published evidence for a specific role of 24(R), 25-dihydroxyvitamin D_3 [$24,25(\text{OH})_2\text{D}_3$] in the growth and differentiation of developing cartilage cells. In these studies the action of $24,25(\text{OH})_2\text{D}_3$ was not duplicated by $1,25(\text{OH})_2\text{D}_3$. In view of these conflicting results we analysed: (1) $1,25(\text{OH})_2\text{D}_3$ receptor expression and regulation and (2) actions of vitamin D metabolites on proliferation of growth plate chondrocytes of rats in vitro.

Materials and methods

1,25(OH)₂[26,27-methyl-³H]cholecalciferol (158 Ci/mmol) and 25(OH)[26,27-methyl-³H]cholecalciferol were obtained from Amersham Buchler (Braunschweig, FRG); unlabelled 1,25(OH)₂D₃ and 25(OH)D₃ were gifts from Dr. Calcanis (Hoffmann-La Roche, Grenzach, FRG); 24,25(OH)₂D₃ was purchased from Duphar (Amsterdam, The Netherlands); [³H]thymidine (40 Ci/mmol), [¹⁴C]-methylated ovalbumin (20 μCi/mmol) and [¹⁴C]-methylated globulin (25 μCi/mmol) were obtained from New England Nuclear (Dreieich, FRG); hydroxylapatite, dithiothreitol and Triton X-100 were purchased from Sigma (Munich, FRG); F-12 medium, phosphate-buffered saline, gentamicin, *Clostridium* collagenase (EC 3.4.24.3), DNase I (EC 3.1.21.1) and trypan blue were obtained from Boehringer (Mannheim, FRG). The monoclonal antibody (mAb) 9A7r2b was a gift from Dr. Haussler (University of Arizona, Arizona, USA).

Male Sprague-Dawley rats (80 g) were killed by cervical dislocation under deep ether anaesthesia; after soaking the distal part of the body with 70% ethanol, both tibiae were dissected free.

Epiphyseal chondrocytes were isolated and cultured as described by Benya and Shaffer [10] and Lindahl et al. [11]. In brief, the epiphyseal growth plates of proximal tibia, cleaned of perichondrium, were dissected microscopically and digested for 3 h at 37°C by clostridial collagenase (0.12% w/v) and 0.02% w/v bacterial DNase in F-12 medium. Dissociated cells were counted using a Neubauer chamber; viability was determined by the trypan blue exclusion technique and always exceeded 90%.

Cells were cultured in F-12 medium supplemented with L-ascorbic acid (50 μg/ml), HEPES (10 mmol/l), gentamicin (100 μg/ml) and 10% fetal calf serum (FCS) or 10% charcoal-treated FCS (delipidated FCS) at 37°C in 5% CO₂. No vitamin D metabolites were demonstrable in charcoal-treated FCS. Vitamin D metabolites were dissolved in ethanol (0.05% final concentration) and were added with fresh medium every 2nd day. Cells were cultured in monolayers or in agarose-stabilized suspension cultures. Monolayers were produced by plating at 1 × 10⁵ cells/ml in 35-mm or 100-mm plastic dishes (Falcon, Oxnard, Calif.) and were used for 1,25(OH)₂D₃ receptor studies and proliferation assays.

In a second set of experiments cells were cultured in agarose according to Benya and Shaffer [10]. Petri dishes (60 mm) were coated with a bottom film of 1% standard low agarose (Bio-Rad, Richmond, Calif.) in water. Low gel temperature (LGT) agarose (Bio-Rad) was mixed with an equal volume of double-concentrated F-12 medium to give a final concentration of 1% agarose. The cell suspension (F-12 medium with 10% delipidated FCS, 160,000 cells/ml) was then mixed with 1% LGT agarose to give a final cell concentration of 80,000 cells/ml. Two millilitres of the LGT cell suspension were added to the dishes, which were kept at 37°C for 10 min before gelation at 4°C (10 min). Subsequently, 3 ml F-12 medium supplemented with 10% delipidated FCS and various concentrations of vitamin D metabolites (or solvent control) were added on top of the solidified agarose. The cultures were screened for adherent cell clusters of more than three cells. No such clusters were seen at the start of culture in any experiments presented in this study.

Proliferation assays

Cell counts. Cells in monolayer cultures were counted in the logarithmic growth phase and at confluence using a Neubauer chamber.

Clonal assay. Suspension cultures were terminated by fixation in buffered formaldehyde (4%) on day 21. A colony was defined as a cluster of cells with matrix stained by alcian blue. Colonies were counted in 100 squares (2-mm grid) for each dish.

1,25(OH)₂D₃ receptor assay. Cell extracts in KTED buffer (0.4 M KCl, 10 mM Tris HCl, 1.5 mM EDTA, 2 mM dithiothreitol, 10 mM sodium molybdate, pH 7.4) were prepared and purified as described elsewhere [12].

Sucrose density gradient. Sucrose density gradient analysis was carried out as described [13]. In brief, KTED cell extracts were incubated with [³H]-1,25(OH)₂D₃ alone or with a 100-fold molar excess of unlabelled 1,25(OH)₂D₃ or other vitamin D metabolites, and layered on top of equilibrated 5%–20% sucrose density gradients and centrifuged at 255,000 g for 21 h at 4°C (SW 60 rotor, Beckman Instruments, Fullerton CA). Seven-drop fractions were collected and labelled with [³C]-1,25(OH)₂D₃ alone or a 100-fold molar excess of 1,25(OH)₂D₃. Bound [³H]-1,25(OH)₂D₃ was quantitated by hydroxylapatite assay [14].

Scatchard analysis. Saturation analysis according to Scatchard [15] was carried out as described [12]. Aliquots of cell KTED extracts (100 μl, protein concentration 0.5–1.2 mg/ml) were incubated for 16 h at 4°C with increasing concentrations (0.1–5.0 nM) of [³H]-1,25(OH)₂D₃ in the absence or presence of 100-fold molar excess of 1,25(OH)₂D₃. Bound [³H]-1,25(OH)₂D₃ was determined using the hydroxylapatite assay [14].

Statistical analysis. Data are given as mean ± SD. Statistical significance was analysed using the Mann-Whitney U test.

Results

Regulation of the 1,25(OH)₂D₃ receptor in chondrocytes

Specific binding of 1,25(OH)₂D₃ was examined in the tibial growth plate and in cultured growth plate chondrocytes of rats. Specific binding of [³H]-1,25(OH)₂D₃ by a macromolecule sedimenting at 3.5 S in homogenized growth plates is shown in Fig. 1. The sedimentation coefficient corresponds to that of mammalian 1,25(OH)₂D₃ receptors [12, 16]. Radioactive hormone was displaced by 100-fold molar excess of unlabelled 1,25(OH)₂D₃. Similar results were obtained from cultured chondrocytes of the growth plate, but not xiphoid cartilage.

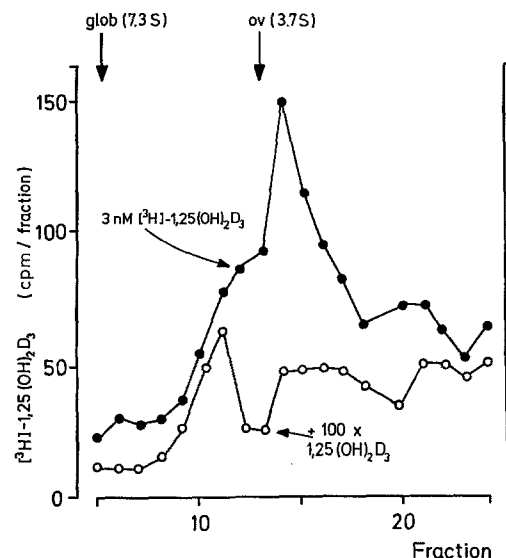


Fig. 1. Sucrose density gradient analysis of KTED extracts of homogenized tibial growth plates. The graph shows binding of [³H]-1 α , 25-dihydroxyvitamin D₃ ([³H]-1,25(OH)₂D₃) by a 3.5-S macromolecule. Binding is reversed by a 100-fold molar excess of unlabelled 1,25(OH)₂D₃. Bovine gammaglobulin (*glob*) and ovalbumin (*ov*) were used as markers at 7.3 S and 3.7 S, respectively

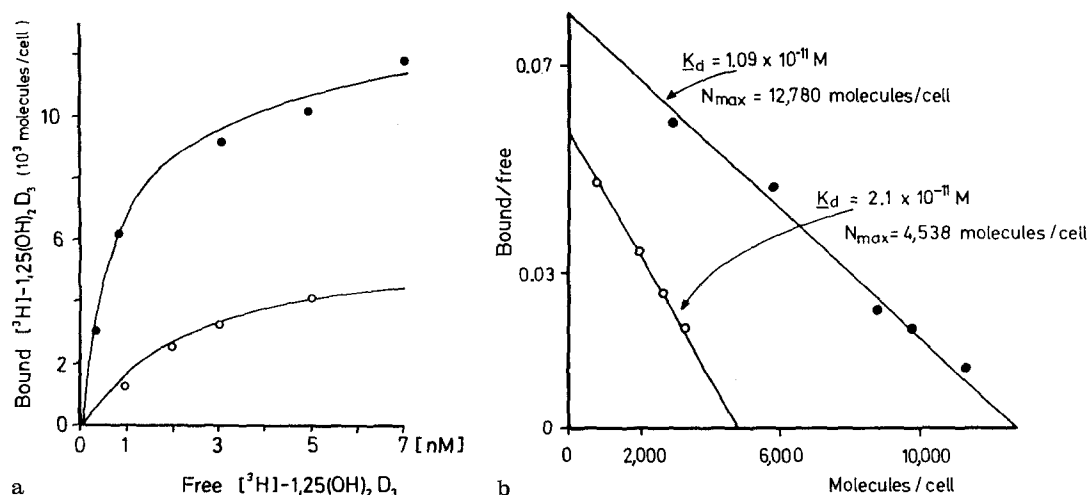


Fig. 2. Regulation of $1,25(\text{OH})_2\text{D}_3$ receptor expression in chondrocytes *in vitro*. Growing (\bullet , 7×10^4 cells/cm²) and confluent (\circ , 12×10^4 cells/cm²) cells were analysed by saturation analysis. **a** The saturation curve shows specific binding of [³H]- $1,25(\text{OH})_2\text{D}_3$ with a plateau at

5 nM for all groups. **b** The equilibrium dissociation constants K_d were calculated from the slope of the regression lines, as depicted in the Scatchard plots. Maximum binding (N_{max}) was determined by extrapolation of the lines to the abscissa

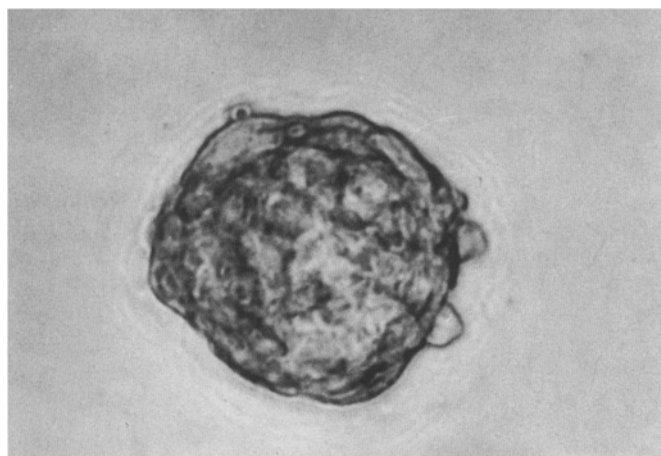


Fig. 3. A colony of chondrocytes formed from a single cell after 21 days of agarose-stabilized suspension culture

Table 1. Action of vitamin D metabolites on cell proliferation in logarithmic growth phase (day 13) of freshly isolated chondrocytes in monolayer culture^a

Hormone added	% Cells of control ^b
Solvent control (0.05% ethanol)	100.0 ± 8.3
$1,25(\text{OH})_2\text{D}_3$ 10^{-13} M	143.4 ± 16.5*
$1,25(\text{OH})_2\text{D}_3$ 10^{-12} M	240.5 ± 16.1*
$1,25(\text{OH})_2\text{D}_3$ 10^{-11} M	106.3 ± 4.2
$1,25(\text{OH})_2\text{D}_3$ 10^{-10} M	87.5 ± 10.1
$1,25(\text{OH})_2\text{D}_3$ 10^{-9} M	77.5 ± 16.3*
$1,25(\text{OH})_2\text{D}_3$ 10^{-8} M	67.5 ± 14.1*
$25(\text{OH})\text{D}_3$ 10^{-8} M	76.9 ± 4.5**
$24,25(\text{OH})_2\text{D}_3$ 10^{-8} M	91.7 ± 12.5

* $P < 0.01$ vs control;

** $P < 0.05$ vs control $1,25(\text{OH})_2\text{D}_3$, 1α , 25 -Dihydroxyvitamin D_3 ; $25(\text{OH})\text{D}_3$, 25 -hydroxyvitamin D_3 ; $24,25(\text{OH})_2\text{D}_3$, $24(\text{R})$, 25 -dihydroxyvitamin D_3

^a Data represent the mean of six dishes ± NSD

^b Cells were counted on day 13 in logarithmic growth phase

Saturation analysis of cultured chondrocytes (Fig. 2) shows specific binding of [³H]- $1,25(\text{OH})_2\text{D}_3$ approaching saturation at 3 nM $1,25(\text{OH})_2\text{D}_3$. Apparent affinity (K_d) as determined from the linear regression curve on Scatchard analysis was 10^{-11} M (Fig. 1 b). The maximal binding of $1,25(\text{OH})_2\text{D}_3$ was dependent on the growth phase of the chondrocytes and was increased threefold in proliferating cells (12,780 bound molecules/cell versus 4,538 molecules/cell in controls, Fig. 2). Similar increase in [³H]- $1,25(\text{OH})_2\text{D}_3$ binding was obtained whether cells were initially seeded at low or higher densities, with the growth arrest occurring after 10 days of culture, or were analysed on day 10 in logarithmic growth phase and day 20 (plateau phase).

Effects of $1,25(\text{OH})_2\text{D}_3$ on proliferation of growth plate chondrocytes

To investigate whether $1,25(\text{OH})_2\text{D}_3$ or other vitamin D metabolites show effects on chondrocyte growth, cell number, [³H]-thymidine incorporation and colony formation were monitored. $1,25(\text{OH})_2\text{D}_3$ added at 10^{-12} M to the medium containing delipidated FCS, stimulated proliferation significantly compared with controls. In contrast, at concentrations of 10^{-9} M and above, cell proliferation was reduced (Table 1). To exclude toxicity resulting from charcoal treatment of FCS, batches subjected to one or three repetitive charcoal treatments were compared; cell proliferation and viability were not significantly different (data not shown).

Rat tibia epiphyseal chondrocytes cultured in 0.5% agarose-stabilized suspension cultures formed small colonies after a culture period of 7–10 days. After 21 days the colonies were easily detected under the microscope (Fig. 3). Colonies consisted of varying numbers of chondrocytes and were embedded in a matrix, which was stained by alcian blue. When cultures were grown in delipidated FCS, $1,25(\text{OH})_2\text{D}_3$ had a significant stimulatory

Table 2. Effects of 1,25(OH)₂D₃ on colony formation of chondrocytes in agarose suspension culture^a

Hormone added	% Colonies of control	Cloning efficiency
Solvent control (0.05% ethanol)	100.0 ± 11.7	1.14 ± 0.24
1,25(OH) ₂ D ₃ 10 ⁻¹² M	164.2 ± 21.6*	1.87 ± 0.40*
1,25(OH) ₂ D ₃ 10 ⁻¹⁰ M	87.9 ± 20.3	0.99 ± 0.20
1,25(OH) ₂ D ₃ 10 ⁻⁸ M	8.20 ± 22.6	0.94 ± 0.20
1,25(OH) ₂ D ₃ 10 ⁻⁶ M	73.8 ± 19.4	0.84 ± 0.16

* *P* <0.03 vs control

^a After 21 days the cultures were terminated by fixation in buffered formaldehyde (4%). The colonies were counted in 100 squares (2-mm grid) with an inverted light microscope. Cloning efficiency was calculated from colonies formed/1,000 seeded cells. Values represent the mean of six dishes ±NSD (2 experiments)

effect at 10⁻¹² M and a slight inhibitory effect which closely missed statistical significance at 10⁻¹⁰ M or above (Table 2). The increased number of colonies formed was due to increased cloning efficiency (1.14 ± 0.24 and 1.87 ± 0.40/1,000 seeded cells for solvent control and 10⁻¹² M 1,25(OH)₂D₃ respectively).

To prove whether this biphasic effect is specific for 1,25(OH)₂D₃, the effect of 24,25(OH)₂D₃ on cell proliferation, administered either alone or together with 1,25(OH)₂D₃, was investigated in monolayer cultures. 24,25(OH)₂D₃, which showed no specific binding to chondrocytes (G. Klaus, unpublished work), had no effect on proliferation, whether administered at 10⁻¹² M or 10⁻⁸ M. When 24,25(OH)₂D₃ was administered at 10⁻¹² M or 10⁻⁸ M with 1,25(OH)₂D₃ (10⁻¹² M or 10⁻⁸ M), the action of 1,25(OH)₂D₃ on proliferation was not modified (Table 3).

Table 3. Action and interaction of 1,25(OH)₂D₃ and 24,25(OH)₂D₃ on cell proliferation in the logarithmic growth phase (day 10) of freshly isolated chondrocytes in monolayer culture^a

Hormones added	% Cells of control
Solvent control (0.05% ethanol)	100.0 ± 6.5
10 ⁻¹² M 24,25(OH) ₂ D ₃	107.8 ± 6.6
10 ⁻⁸ M 24,25(OH) ₂ D ₃	103.7 ± 12.2
10 ⁻¹² M 1,25(OH) ₂ D ₃	152.4 ± 11.0*
10 ⁻¹² M 1,25(OH) ₂ D ₃ +10 ⁻⁸ M 24,25(OH) ₂ D ₃	164.2 ± 5.9*
10 ⁻¹² M 1,25(OH) ₂ D ₃ +10 ⁻¹² M 24,25(OH) ₂ D ₃	156.6 ± 9.1*
10 ⁻⁸ M 1,25(OH) ₂ D ₃	73.5 ± 12.2*
10 ⁻⁸ M 1,25(OH) ₂ D ₃ +10 ⁻⁸ M 24,25(OH) ₂ D ₃	75.1 ± 15.1*
10 ⁻⁸ M 1,25(OH) ₂ D ₃ +10 ⁻¹² M 24,25(OH) ₂ D ₃	76.9 ± 16.3*

* *P* <0.05 vs control

^a The data represent the mean ±NSD of six dishes

Immunohistochemical distribution of the 1,25(OH)₂D₃ receptor *in vivo* by growth plate chondrocytes

Distribution of the receptor in chondrocytes of the growth plate was studied by examining tibial growth plates of rabbits *ex vivo*. As demonstrated in Fig. 4, the nuclei of the chondrocytes reacted with anti-receptor mAb (mAb 9A7τ2b) diluted 1:1,000. Staining intensity was highest in proliferating and hypertrophic chondrocytes (Fig. 4A, B). Specificity of the staining reaction was confirmed using rat mAb 9A7T2b or with similar concentrations of IgG of the same subclass (mAb directed against unrelated antigen, Fig. 4C).

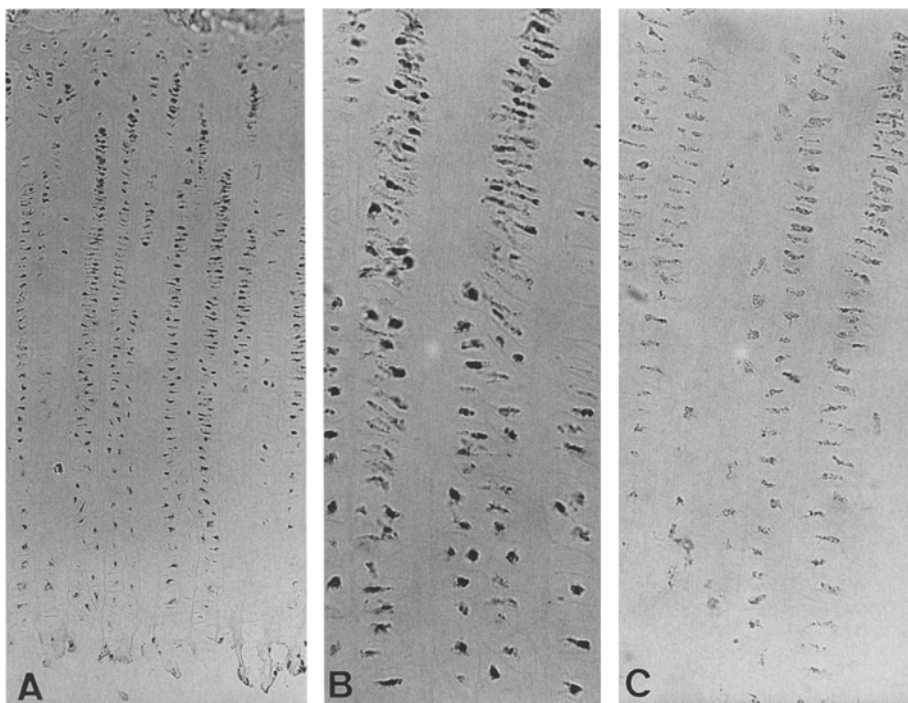


Fig. 4A–C. 1,25(OH)₂-vitamin D₃ receptor expression in rabbit tibial growth plates. **A** Cryostat sections (5 μm) of rabbit tibial growth plates were incubated with monoclonal antibody (mAb) 9A7τ2b 1:1,000 and stained with the labelled avidin-biotin method. Note strong staining of chondrocyte nuclei, most intense in the proliferative and early hypertrophic zone (×160). **B** Higher magnification of proliferative zone stained with mAb 9A7τ2b. **C** Negative control showing no staining when the section was incubated with rat IgG instead of mAb 9A7τ2b (×360)

Discussion

1,25(OH)₂D₃ receptors have been demonstrated in non-mammalian embryonic chondrocytes [3]. The present study documents that receptors are also present in growth plate chondrocytes of mammals in vitro and ex vivo (Figs. 1, 2, 4). Specific binding of 1,25(OH)₂D₃ was consistently demonstrable in growth cartilage of proximal tibia and in primary cultures of growth cartilage cells, but [within the sensitivity of the method (5 fmol/mg protein)] not in xiphoid cartilage. *K_d*, the sedimentation coefficient and the relative binding of other vitamin D metabolites (Figs. 1, 2) corresponded to the data available for the classical vitamin D receptor found in other tissues [12, 13, 16–18].

Expression of the receptor was dependent on the growth phase and cell maturation. The receptor was up-regulated in rapidly proliferating cells, i.e. in the phase of logarithmic growth in vitro. Similar results were obtained in this laboratory with endothelial cells [12]. In these experiments, evidence was also provided that receptor expression is modulated by protein C kinase-dependent mechanisms.

The regulation of vitamin D receptor numbers may be important in the modulation of the 1,25(OH)₂D₃ response [3, 19]. 1,25(OH)₂D₃ inhibits proliferation of several cell lines [18, 20] and biphasic effects on growth have been demonstrated in the human breast cancer cell line T47D [17], human bone cells [21] and fibroblasts [22].

To remove vitamin D metabolites present in FCS, this was delipidated by charcoal stripping; afterwards no 1,25(OH)₂D₃ was demonstrable. Charcoal treatment of FCS lowered proliferation of the cells, but had no toxic effects. Our study clearly demonstrates that 1,25(OH)₂D₃ stimulates proliferation of growth plate chondrocytes at low concentration (10⁻¹² M) and causes inhibition at concentrations of 10⁻¹⁰ M and above. The effect of 1,25(OH)₂D₃ on cell proliferation was specific, because no effect was seen with dexamethasone (data not shown) or 24,25(OH)₂D₃, whether administered alone or with 1,25(OH)₂D₃. A proliferative effect was only obtained after FCS was delipidated by charcoal treatment.

The concentration of 1,25(OH)₂D₃ (10⁻¹² M) causing stimulation of chondrocytes in this study is lower than the total concentration of 1,25(OH)₂D₃ in circulating blood. However, the physiological concentrations of 1,25(OH)₂D₃ present in the growth plate have not been investigated and might be considerably lower than those found in serum.

It is well documented that primary isolates of chondrocytes grown in monolayer cultures for extended periods of time lose the expression of their differentiated properties, often referred to as dedifferentiation [23]. Chondrocytes grown in agarose-stabilized suspension cultures retain their differentiated phenotype [10]. Therefore, it is important to confirm results obtained from monolayer cultures in stabilized suspension cultures. In fact, both the low-dose stimulatory and higher-dose inhibitory effects of 1,25(OH)₂D₃ were observed in agarose-stabilized suspension cultures.

The biphasic effect of 1,25(OH)₂D₃ on proliferation of rat tibial growth plate chondrocytes is in line with the results of Takigawa et al. [4], who noted a stimulatory

effect at 10⁻⁸ M 1,25(OH)₂D₃ on proliferation of rabbit costal chondrocytes. The differences in effective 1,25(OH)₂D₃ concentrations are difficult to explain, but may be due to different culture techniques, cell origin, loss or absorption of 1,25(OH)₂D₃.

The 1,25(OH)₂D₃ receptor is expressed throughout the growth plate, but receptor density per cell seems to be highest in proliferating and early hypertrophic chondrocytes, as demonstrated by the most intensive staining in these regions by immunohistochemistry. For immunohistochemical staining rabbits had to be used, because the mAb 9A7r2b had been obtained from rodents [24]. During our studies Iwamoto et al. [25] reported that the highest specific binding of 1,25(OH)₂D₃ throughout the growth plate is present in slices of hypertrophic chondrocytes, obtained from rat rib growth plate.

A number of studies have indicated a specific role for 24,25(OH)₂D₃ in the function of growth plate chondrocytes [6, 7, 9, 26, 27]. We did not observe any effect of 24,25(OH)₂D₃ on cell proliferation or binding of 24,25(OH)₂D₃ to a specific binding molecule. Furthermore, 24,25(OH)₂D₃ did not modify the actions of 1,25(OH)₂D₃. In summary, the present study indicates that 1,25(OH)₂D₃, but not 24,25(OH)₂D₃ is an important factor for the proliferation of growth plate chondrocytes in rats.

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